



Rosemary's Apple Crumb Pie from The Amish Kitchen

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



535 kcal

DESSERT

Ingredients

- ☐ 6 cups apples peeled sliced chopped (or)
- ☐ 0.5 cup brown sugar
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 cup flour
- ☐ 0.3 cup half & half cream
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup butter salted cold (I used regular)

☐ 1.3 cups sugar

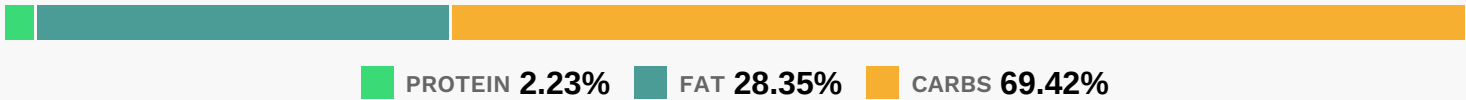
Equipment

☐ oven

Directions

- ☐ Combine all ingredients and place in an unbaked pie shell.
- ☐ Combine crumb mixture and sprinkle on top.
- ☐ Bake at 325°F for 55 minutes or until apples are done.

Nutrition Facts



Properties

Glycemic Index:38.68, Glycemic Load:47.1, Inflammation Score:-5, Nutrition Score:6.3495652701544%

Flavonoids

Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 9.41mg, Epicatechin: 9.41mg, Epicatechin: 9.41mg, Epicatechin: 9.41mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

Nutrients (% of daily need)

Calories: 535.27kcal (26.76%), Fat: 17.45g (26.84%), Saturated Fat: 10.74g (67.1%), Carbohydrates: 96.12g (32.04%), Net Carbohydrates: 92.47g (33.63%), Sugar: 75.77g (84.18%), Cholesterol: 45.38mg (15.13%), Sodium: 427.78mg (18.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.17%), Fiber: 3.65g (14.6%), Vitamin B1: 0.19mg (12.65%), Vitamin A: 588.31IU (11.77%), Selenium: 8.17µg (11.68%), Manganese: 0.23mg (11.47%), Folate: 43.04µg (10.76%), Vitamin B2: 0.18mg (10.38%), Iron: 1.3mg (7.2%), Vitamin C: 5.88mg (7.12%), Vitamin B3: 1.39mg (6.94%), Potassium: 204.38mg (5.84%), Phosphorus: 54.4mg (5.44%), Vitamin E: 0.71mg (4.76%), Calcium: 47.06mg (4.71%), Vitamin K: 4.36µg (4.16%), Copper: 0.08mg (3.87%), Vitamin B6: 0.08mg (3.77%), Magnesium: 14.31mg (3.58%), Vitamin B5: 0.25mg (2.52%), Zinc: 0.28mg (1.86%)